

Sports Nutrition Power Hour

Single Consultation – what you get

Health and Lifestyle Analysis

Gathering information on your activity level, training schedule, current diet and performance goals.

Personalised Recommendations

- Guidance on macronutrient adjustment based on your goals.
- Pre and post workout nutrition to support energy production and recovery.
- Discuss meal timing for optimal performance and recovery.
- Meal planning tips and ideas to include in your schedule that are suitable for you.

Supplement suggestions

Suitable supplementation options that can boost performance and recovery.

Quick Wins

Some quick and simple nutritional or lifestyle tweaks that can support your goals.

Follow up Notes

You will receive a recap of the session including meal recommendations, supplement suggestions, and key strategies.

Optional Extras:

Nutritional Deficiency Screening

Detailed assessment of nutrient intake and possible deficiencies using professional dietary analysis software, or more detailed screening through laboratory testing.

Meal Planning

Personalised meal plan based on your unique goals, preferences and nutritional needs.